



# SUPPORTING FAMILY CAREGIVERS



## Who are family caregivers?

A family caregiver is an informal unpaid caregiver who provides regular care for a spouse, relative, a partner or a friend.

The amount of care you are providing may have increased over time, or you may have found yourself in that role suddenly.

For many, it is a labor of love but it can also be physically and emotionally challenging.

It is important to keep a balance between caring for another individual, while caring for yourself.

Contact your local ServiceLink to find out what assistance is available in your community.

**1-866-634-9412 (Toll Free)**

## Other Resources

### The Alzheimer's Association

New Hampshire Office  
5 Bedford Farms Drive, Suite 201  
Bedford, New Hampshire 03110  
[www.alz.org/MANH](http://www.alz.org/MANH)

**603-606-6590 Helpline: 1-800-272-3900**  
(toll free, 24 hours, 7 days a week)

## Family Caregiver Services

**Information** on local resources, support groups, in home and adult day services, and other programs that can help make your situation easier.

**Assistance** in gaining access to services or completing forms.

**Assessments** of the caregiver and the care recipient's situation and needs.

**One-on-one support and counseling** is available with a Caregiver Specialist or Options Counselor.

**Education and training** for family caregivers who feel unprepared or lack the necessary skills they need in order to provide day-to-day care.

### National Family Caregivers' Association

The National Family Caregiver's Association supports, empowers, educates, and speaks up for the more than 50 million Americans who care for a chronically ill, aged or disabled loved one. Visit [www.nfcares.org](http://www.nfcares.org) or call **1-800-896-3650 (Toll Free)**

Family caregivers who meet eligibility requirements may be able to access, through ServiceLink, federal or state funded supports for:

**respite services\*** including in-home respite care, adult day programs, or short term stay in a facility and

**other services\*** that aid in caring for someone in need of emergency response systems, assistive or adaptive equipment, home modifications, transportation services, yard work, and different chores.

*\*These services may be based on income or other criteria.*

### Family Caregiver Alliance

For internet resources for caregivers, visit

**[www.caregiver.org](http://www.caregiver.org)**, or call

**1-800-445-8106 (Toll Free)**